

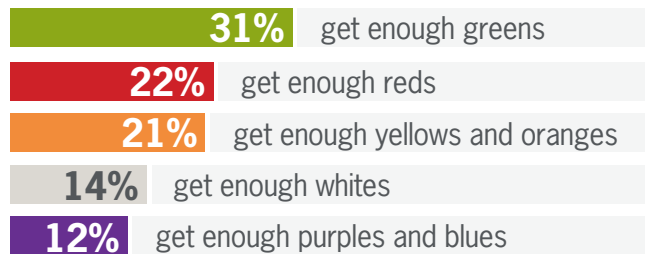
FRUITS & VEGETABLES:

THIS IS WHAT YOUR GRANDMA NEVER TAUGHT YOU

The vibrant colors of fruits & veggies aren't only nice to look at. They also tell us which special disease-fighting phytonutrients are inside. **Learn what the phytonutrients do. And how much of each you need to fight disease and stay stronger for longer.**

MOST PEOPLE DON'T GET ENOUGH PHYTONUTRIENTS.

These "color deficiencies" increase our risk of heart disease, osteoporosis, cancer, diabetes, and more.



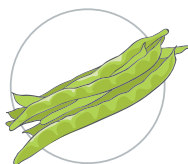
To maximize your health, EAT



of EACH COLOR every day



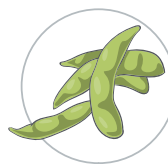
Green tea



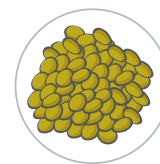
Green beans



Arugula



Snap peas



Legumes



Broccoli



Chinese cabbage

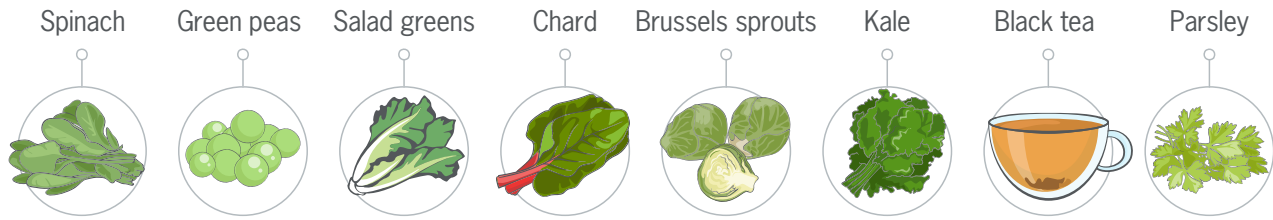


Soy



Collards

GREENS



On average, adults eat

70lbs

of POTATOES per year

By contrast, they only eat

1/4 lbs

of BRUSSELS SPROUTS

Cut heart disease risk by

22%

with 4 SERVINGS of legumes/week

GREEN FRUITS AND VEGGIES ARE RICH IN THESE PHYTONUTRIENTS:

EGCG, isothiocyanate, lutein, zeaxanthin, isoflavones, flavonoids, coumestans

HERE'S HOW TO GET MORE GREENS IN YOUR DIET:

- Drink green tea
- Add kale, spinach, collards, and/or chard to smoothies
- Eat a variety of salad greens
- Make a bean salad with vinaigrette
- Add parsley to hummus
- Microwave frozen green peas
- Add cabbage and green beans to a stir-fry
- Include steamed broccoli



Tomato



Cranberries



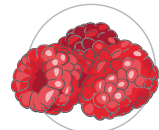
Walnuts*



Persimmon



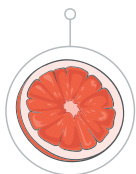
Cherries



Raspberries

REDS

Grapefruit



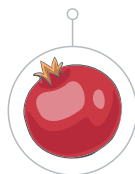
Watermelon



Chili Powder†



Pomegranates



Red Cabbage



Papaya



With a SPF of

25-50

raspberry seed oil can be used as sunscreen

It takes about

100

cherries to make one cup of cherry juice

Adults eat

22-24

pounds of tomatoes/tomato products per year

RED FRUITS AND VEGGIES ARE RICH IN THESE PHYTONUTRIENTS:

Lycopene, ellagic acid, caffeoylquinic acids, hydroxybenzoic acids

HERE'S HOW TO GET MORE REDS IN YOUR DIET:

- Use tomato sauce for veggies, pasta, lasagna, or pizza
- Add raspberries and walnuts to oatmeal
- Make chili with tomatoes and chili powder
- Make a cranberry bread
- Try cherries with cocoa powder in a smoothie
- Try red cabbage slaw
- Snack on watermelon or grapefruit
- Homemade tomato soup



Cantaloupe



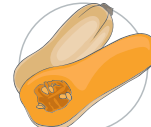
Corn



Citrus fruits



Mango



Squash



Turmeric†

ORANGE

Pineapple



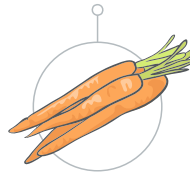
Ginger†



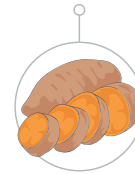
Pumpkin



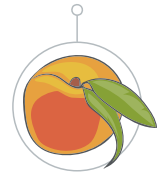
Carrots



Sweet potato



Peaches



Adults eat

3.5 lbs

of sweet potatoes each year

The bioavailability of beta-carotene increases by

85%

when carrots are cooked

Acorn squash has

9g

of fiber per cooked cup

YELLOW/ORANGE FRUITS & VEGGIES ARE RICH IN THESE PHYTONUTRIENTS:

Alpha-carotene, beta-carotene, hesperetin, beta-cryptoxanthin, flavonols, terpenoids, phthalides

HERE'S HOW TO GET MORE YELLOWS / ORANGES IN YOUR DIET:

- Eat stuffed squash and pumpkin
- Add peaches or pineapple to smoothies
- Make a mango salad
- Try carrot and sweet potato soup
- Eat oranges, clementines, and cantaloupe
- Add ginger to sauces, soups, dressings
- Add turmeric to sauces, soups, dressings



Green tea



Parsnips



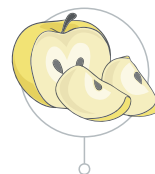
Garlic†



Onions



Coconut*



Apples



Black tea



Rutabaga

WHITE

Eating

Before cooking chopped garlic, wait

For an anticoagulant effect, eat

1 apple

may help to reduce garlic breath

10 min

to preserve the phytonutrients

1 clove

of garlic per day

WHITE FRUITS AND VEGGIES ARE RICH IN THESE PHYTONUTRIENTS:

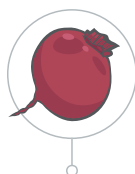
Flavonols, allicin, quercetin, sulfides

HERE'S HOW TO GET MORE WHITES IN YOUR DIET:

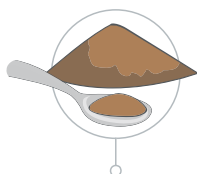
- Add garlic and onions to soup and stir-fries
- Drink some green or black tea
- Snack on apples
- Add coconut to a smoothie
- Make parsnip soup
- Try mashed cauliflower instead of potato



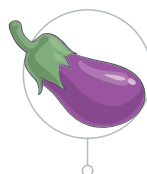
Cranberries



Beets



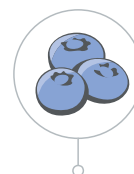
Cocoa†



Eggplant



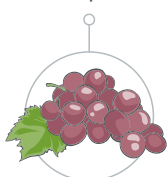
Wine



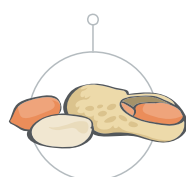
Blueberries

PURPLE

Grapes



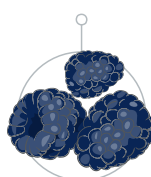
Peanuts*



Prunes*



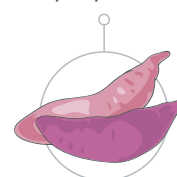
Blackberries



Strawberries



Purple potatoes



After eating beets,

10-15%

of the population develop pink urine

You can lower blood pressure with

500 ml

of beet juice

A handful of dried plums has

6 g

of sorbitol, which has a laxative effect

PURPLE/BLUE FRUITS AND VEGGIES ARE RICH IN THESE PHYTONUTRIENTS:

Anthocyanins, resveratrol, hydroxycinnamic acids

HERE'S HOW TO GET MORE PURPLES/BLUES IN YOUR DIET:

- Snack on grapes
- Add blueberries to oatmeal
- Make eggplant curry
- Try a roasted beet salad
- Add blackberries to smoothies
- Snack on strawberries
- Make a cranberry oat crumble

*For these foods, a single serving is 1/8 of a cup

† For these foods, a single serving is 1 tsp

For more information and to download our free fruit and veggie cheat sheet, visit www.precisionnutrition.com/color-chart



Precision Nutrition